

DOCTRINE CORNER

Catholicism a way of life: Catholic Practice on Praying and on Sanctifying the Day

Catholicism is a way of life and not lived only in some moments of our lives. Our Faith as Catholic Christians has to affect our whole lives and activities. We have to be a Catholic Christian wherever we go. The Catholic Church in her Priests try to sanctify each moment of the day with the prayer of the Church called the Divine office. Christians are invited to also sanctify the day by their daily prayers constantly, consistently, and ceaselessly. Usually, the Catholic tradition is; Prayer at the getting out of bed, the Angelus Prayer at 6 a.m or before Morning Prayers; then morning prayers, then the Angelus Prayer at 12noon, then the Angelus Prayer at 6p.m, Evening Prayers before or after supper in the homes and night prayer on your bed. The Angelus prayer is prayed wherever these times meet you; you are supposed to stop and to pray. All these three times prayer of the Angelus sanctifies the day and the other prayers too sanctify a Christian's life during the day. We are expected to pray with our families in the morning for Morning Prayers in the house or in Church also. Then in the evening as a family, we are also invited to pray and finally when we are about to go to bed, we say our night prayers. Let us endeavour to pray every day constantly, consistently, and ceaselessly. Holy Mass is the highest form of prayer in the Catholic Church. Every day from Monday to Friday, we celebrate Holy Mass at 6.45 a.m. at the Saints Peter and Paul Cathedral. On Saturdays, Holy Mass is celebrated at 7 a.m. We wish that we all should make time to be with Jesus. It would be good to choose at least one day within the week to come to Holy Mass at least once after the Sunday Holy Mass. During the day at 12.15 p.m. every Wednesdays we also have Holy Mass celebrated at Saints Peter and Paul Cathedral. Make use of these opportunities to come to Church after the Sunday Holy Mass at least once. Thank you for putting Jesus in your tight schedule.

Summary of a Christian's Daily Prayer Life

1. Prayer at the Rising from bed
(still sitting on your bed)
2. Angelus at 6 a.m. or before Morning Prayers
3. Morning Prayers
4. Angelus at 12 noon
5. Angelus at 6 p.m. or before Evening Prayers
6. Evening Prayers
7. Night Prayers (on your bed before sleeping)

Let us learn to say the Angelus Prayer as below:

The Angelus

V/ The Angel of the Lord declared unto Mary

R/ And she conceived by the Holy Spirit. Hail Mary... etc.

V/ Behold the hand maid of the Lord

R/ Be it done unto me according to thy word. Hail Mary...etc.

V/ And the word was made flesh

R/ And dwelt among us. Hail Mary... etc.

V/ Pray us O, Holy mother of God

R/ That we may be made worthy of the promises of Christ

V/ Let us pray

R/ Pour forth, we beseech thee, O Lord, thy grace into our hearts; that as we have known the incarnation of Christ, your son, by the message of an Angel, so by His passion and cross we may be brought to the glory of His resurrection; through the same Christ our Lord. Amen

V/ Glory be to the Father... (3x)

V/ May the divine assistance remain always with us

R/ And may the souls of the faithful departed through the mercy of God rest in peace. Amen.

Fr. Ferdzefer Cyprian Tatah – Rector



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